ASPHN Farm to ECE Mini Collaborative Improvement and Innovation Network (CoIIN)

Mini CoIIN Final Report
2019-2021

The Mini CoIIN was supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of cooperative agreement number NU38OT000279-03. ASPHN’s Farm to ECE projects, along with many other projects, were funded through this cooperative agreement that totaled $4,370,000. One hundred percent of the Mini CoIIN is funded by the Division of Nutrition, Physical Activity and Obesity (DNPAO)/National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)/CDC/HHS. The contents of this report are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, DNPAO/NCCDPHP/CDC/HHS, or the United States (US).
Outline

1. Value and Evidence for Farm to ECE
2. Mini CoIIN Technical Assistance (TA) Approach and Outcomes
3. State Mini CoIIN Outcomes
4. Collective Mini CoIIN Outcomes
5. Mini CoIIN Partnerships
6. Arizona Outcomes and Areas for Opportunity
Farm to Early Care and Education is an intervention with a trifecta approach. Farm to ECE includes purchasing and serving local produce, featuring indoor or outdoor gardens at the ECE, and teaching young children about agriculture and nutrition. Farm to ECE is an evidence-based intervention; but one of its critical components is not even one of its key evidential pieces. Farm to ECE offers outdoor and experiential learning opportunities. The social and emotional benefits of Farm to ECE, especially during a pandemic, are so valuable and create easy buy-in with ECE providers.

**Why Farm to ECE?**
Why Early Childhood? At Least 5 Reasons

- Data indicates US children gaining weight at younger ages than before.
- Excess weight in kindergarten is associated with obesity in adolescence.
- Early interventions, among 0-7 year olds, work!
- Food and activity preferences are malleable when children are under 3 years of age.
- Intervening early leads to a lifetime of good health.
Research over the past decade has demonstrated the impacts and benefits of Farm to ECE and Farm to School. Some of the most significant include the following:

- Better meals - higher fiber, calcium, whole grains, with less fat and refined grains (Gibson, et al, 2014).
- Children more willing to try, choose, and like F/V (willingness 78% increase) (Izumi et al, 2015, and Meinen et al, 2012).
- Children eat more F/V (Brouwer and Neelon, 2013).
- Changed family and child’s eating behaviors at home (Hoffman et al, 2012, and Hughes, 2007).
- Farm to School studies show 12% of more food dollars kept local (82% vs 70%) (Christensen, et al., 2017).
- Improved local food economy and employment (Christensen, et al., 2017).
Why a CoIIN?

A CoIIN is a Collaborative Improvement and Innovation Network Model. The Mini CoIIN capitalized on this model to provide:

- An online learning network with multiple teams and experts,
- A network with similar aims, benchmarks, and funding,
- A quality improvement tool to address intervention or coalition challenges,
- A community of resources and skills for teams to utilize and build upon,
- and a systematic approach to Farm to ECE implementation.
Mini CoIIN - Technical Assistance (TA) Approach for Farm to ECE Teams

Build Farm to ECE Knowledge

Learn from & with Other States

Problem Solve & Partnership Build

Grow Capacity & Integration

Monthly Webinars & Learning Session

Networking Calls

Quality Improvement Tools for Innovation

Monthly 1:1 Technical Assistance
ASPHN Farm to ECE Advisory Committee -

Creating and Implementing the Mini CoIIN’s TA Approach for 2019 - 2021

15-PERSON ADVISORY COMMITTEE GUIDED CREATION AND IMPLEMENTATION OF MINI COIIN

DIVERSE EXPERTISE & VARIED ORGANIZATIONS, including experts on CACFP, State Systems, Food Systems, Equity, Public Health, Early Childhood and Farm to ECE.

COMMITTEE HAD DIVERSE GEOGRAPHICAL EXPERTISE – AZ, GA, MI, MO, MN, NC, OH, TN, and WI

> 20 ADVISORY COMMITTEE MEETINGS WERE HELD

80% OF THE ADVISORY COMMITTEE ACTIVELY PARTICIPATED IN MEETINGS
Example ASPHN Mini CoiLN Webinars and Attendance

ASPHN Mini CoiLN Webinar Topics

- CollIN Process: The Basics
- Farm to ECE: Resources and Best Practices
- Evaluation: Is Your Change Idea Having an Impact
- Professional Development: Adult Learning
- Farm to ECE: Diversity of Procurement Options
- Networking Call: Program Assessments
- Equity: Racial and Social Equity Tool
- Equity: Health Disparity and Community Engagement
- Networking Call: Tell Your Story
- Farm to ECE: CACFP Alignment
- Farm to ECE: Curricula and Trainings
- Farm to ECE: Learning Hubs and Collaboratives
- Farm to ECE: Legislative Opportunities
- Networking Call: Centering on Equity
Mini CoIIIN Teams Took Advantage of the Following TA…

- Access to 45 diverse national experts via webinars and Learning Sessions
- Feedback and training from a 15-person advisory committee
- 30 Farm to ECE and CoIIIN related webinars, discussions and trainings
- Annual stipends of $4,000/year and travel funds to support Mini CoIIIN plans
- Leadership and equity trainings
- 3 Annual Learning Sessions for deeper equity and Farm to ECE learning
- Web site and share site with updated Farm to ECE materials and resources
ALABAMA created a Farm to ECE Learning Collaborative with providers working in economically depressed areas, enabling providers to learn together and from each other. AL also, created a mini grant opportunity helping providers develop outdoor gardens.

ARIZONA created a comprehensive series of online Farm to ECE trainings, including trainings on procurement, gardening, and nutrition and ag education in the ECE. AZ piloted trainings in a new early learning collaborative with goal setting and Farm to ECE assessments.

Colorado created a robust Farm to ECE coalition and a local food purchasing pilot for ECEs. The pilot delivered over 2,300 lbs of local food, impacting 175 kids. CO, also, created messaging, recipes, and trainings to help ECEs incorporate local foods.

Ohio created a Farm to ECE statewide survey, that 1,680 providers completed. OH, also, created specific Farm to ECE trainings and expanded Farm to ECE awareness with a 1-day Apple Crunch program reaching over 340,000 ECE staff, kids, and families.

Minnesota strengthened the MN Farm to ECE coalition and Farm to ECE’s integration into the MN public health system (the SHIP). MN identified trainers for Farm to ECE across the state and created Grab n’ Go materials for trainers’ promoting Farm to ECE.
ASPHN Mini CoIIN-Collective Outcomes 2019 - 2021

- 5 states began Mini CoIIN April 2019 - AL, AZ, CO, MN and OH

- 96 Resources were shared between Mini CoIIN states

- 76 unexpected benefits occurred, among states, as a result of the Mini CoIIN.

- 35 New Farm to ECE resources were created by Mini CoIIN states

- 75 New collaborations resulted because of the Mini CoIIN

- Mini CoIIN program managers shared 79 resources with teams
ASPHN Mini CoIIN
Collective Impacts
2019 - 2021

75 TA Meetings Were Held with State Farm to ECE Leads

18 Webinars, 8 Farm to ECE Discussions and 8 Networking Calls Were Held

Over 235 ECE Settings impacted by Mini CoIIN activities

7,563 children were impacted by Mini CoIIN activities
## Farm to ECE Resources

Created due to the Mini CoIIN 2019 - 2021

### Materials Created During Mini CoIIN

- 35 Items Created

- Surveys
- Fact Sheets
- Live and Online Trainings
- Marketing Materials
- Family Engagement Materials
- Learning Collaborative and Collaborative Materials
- Outreach engagement items
- Tip Sheets
- Grab n’ Go Material
- [ASPHN Farm to ECE Grantee Website](https://www.asphn.org)
Partnerships Were the Backbone to Successful and Sustainable Farm to ECE Programs
During the Mini CoiIN, 100% of states improved their Farm to ECE coalitions via increased diversity, communications, coordination, or improved structures.

- AZ had 11 members, including 2 leads
- CO had 15 members, including 2 leads
- MN had 7 members, including 2 leads
- AL had 10 members, including 4 leads
- OH had 12 members, including 3 leads
<table>
<thead>
<tr>
<th>State</th>
<th>Efforts and Impacts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alabama</strong></td>
<td>has had several Farm to ECE Learning Collaboratives and continues to offer mini grants. AL is working with providers to complete Go NAPSACC Farm to ECE assessments and action plans, as well as continuing to strengthen and center their state coalition around equity.</td>
</tr>
<tr>
<td><strong>Arizona</strong></td>
<td>continues to offer the Farm to ECE comprehensive online training series in an early learning collaborative. AZ added a trainer guide and is working on translating the trainings and expanding Farm to ECE into SNAP-ED, as well as build out the Farm to ECE coalition.</td>
</tr>
<tr>
<td><strong>Colorado</strong></td>
<td>expanded Farm to ECE work with 3 new grants from USDA and ASPHN. CO is expanding a mini grant program, translating Farm to ECE materials, building Master Gardener and Farmer trainings, creating a CO Strategic Plan, and launching a CO-Farm to ECE guide.</td>
</tr>
<tr>
<td><strong>Ohio</strong></td>
<td>has new funding from ASPHN and Ohio State University to create Farm to ECE food safety videos and pilot a procurement innovation pilot in 3 Head Start sites. OH's coalition is increasing equity training, and membership, diversity and expertise, with an increased number of ECE providers participating.</td>
</tr>
<tr>
<td><strong>Minnesota</strong></td>
<td>with new funding from ASPHN, is working on building MN Farm to ECE website, translating materials, piloting a Farm to ECE mini grant program, and starting a newsletter and listserv. MN is also using GIS mapping to identify ECEs with the greatest healthy food access challenges.</td>
</tr>
</tbody>
</table>
Thank you to the ASPHN Mini CoLiN Teams, CDC, NFSN, and the ASPHN Advisory Committee for Success in 2019-21